

#### ABSTRACT OF THE DISCLOSURE

A stab proof vest, wherein at least a portion of the stab proof vest includes a plurality of elements, and a coupling member for coupling adjacent the elements together.

5 Each side of the elements is provided with at least one projection and at least one depression adjacent to the projection, and a coupling hole into which the coupling member is inserted. The projection of one element is engaged with the depression of an adjacent element. The  
10 common coupling member is inserted into each the hole of adjacent elements and is secured thereto in order to couple the adjacent elements.